

# AYURVEDA

# SPRING FOOD LIST

## VEGETABLES

### **Favour**

Sprouted seeds and legumes, Artichokes, Asparagus, Beets, Brassicas, Carrots, Celery, Chicory, Chilies, Coriander, Corn, Endives, Fennel, Garlic, Ginger, Green beans, Kale, Leeks, Lettuce, Mushrooms, Winter greens, Onions, Parsley, Peas, Seaweed, Spinach, Swiss chard, Radishes, Turnips, Watercress

### **Reduce**

Avocados, Cucumbers, Aubergine, Okra, Squash, Sweet potatoes, Pumpkins, Tomatoes

### **Avoid**

Pickled vegetables

## FRUITS

### **Favour**

Apples, Blueberries, Dried fruit, Grapefruits, Lemons, Limes, Papayas, Pears, Pomegranates, Raspberries, Strawberries

### **Reduce**

Apricots, Bananas, Cantaloupe, Cherries, Coconuts, Cranberries, Dates, Mangoes, Melons, Nectarines, Oranges, Peaches, Pineapples, Plums, Tangerines

### **Avoid**

Figs, Guava

## GRAINS

### **Favour**

Amaranth, Barley, Buckwheat, Corn, Millet, Oats, Quinoa, Rice, Rye

### **Reduce**

Wheat, Risotto rice

### **Avoid**

White processed wheat products (toast bread, cakes, biscuits)

# AYURVEDA

# SPRING FOOD LIST

## LEGUMES

### **Favour**

All good when activated (sprouted)

### **Reduce**

Tofu

### **Avoid**

n/a

## NUTS & SEEDS

### **Favour**

Pine nuts, Pumpkin seeds, Sunflower seeds, Walnuts – ALL ROASTED

### **Reduce**

Coconut

### **Avoid**

Almonds, Brazil nuts, Cashews, Flax, Macadamias, Peanuts, Pecans, Pistachios

## MEAT & FISH

### **Favour**

Chicken, Duck, Eggs, Freshwater fish, Lamb, Turkey

### **Reduce**

Beef, Oysters, Shrimps, Venison

### **Avoid**

Crabs, Lobster, Pork

# AYURVEDA

# SPRING FOOD LIST

## DAIRY

### **Favour**

Ghee

### **Reduce**

Butter, Buttermilk, Seasoned Cheese, fresh cheese, Cream, Kefir, Milk, Sour cream, Crème Fresh

### **Avoid**

Ice cream, Yoghurt

## SWEETENERS & CONDIMENTS

### **Favour**

Honey, Maple syrup, Molasses, Carob, Cacao

### **Reduce**

Raw sugar, Mayonnaise, Salt, Vinegar, Ketchup

### **Avoid**

White sugar

## BEVERAGE

### **Good**

Black tea, Coffee, Sparkling water

### **Reduce**

Alcohol

### **Avoid**

Soda

## HERBS & SPICES

### **Good**

All spices and herbs

### **Reduce**

Liquorice